Portland Cha - Ultra

Niveau: Absolute Beginner

Chorégraphe: Sandrine Bonacorsi (FR) - June 2022 Musique: Mercy - Valntn

ROCK BACK R, RECOVER, TRIPLE STEP FOWARD R, STEP L FOWARD, ½ TOUR R, TRIPLE FOWARD L

- 1-2 Rock back RF , recover to LF
- 3&4 Step RF forward, step LF next to RF, step RF forward
- 5-6 Step LF forward, turn 1/2 right (06:00)
- 7&8 Step LF forward, step RF next to LF, step LF forward

POINT R, HOLD, POINT L, HOLD, ROCK SIDE R RECOVER, SHUFFLE L

- 1-2 RF point right - hold
- RF next to LF &

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- 3-4 LF point left - hold
- & LF next to RF
- 5-6 Rock side RF right, recover weight on left
- 7&8 Suffle on left side

ROCK SIDE G RECOVER, SHUFFLE R, GRAPEVINE R L R TOUCH,

- 1-2 Rock side RF-recover on LF3&4 suffle on left5678
- 5-6 LF on left-Cross RF behind LF
- LF on left RF touch 7-8

GRAPEVINE L R .1/4 TOUR L, SCUFF, STEP R FOWARD CLAP, STEP L BACK, TOUCH

- 123 RF on right -Cross LF behind RF
- 4 scuff with RF (03h00)
- 5-6 Step RF diagonal forward - Touch LF next to RF with clap hands
- 7-8 Step LF diagonal back - Touch RF next to LF

VARIATION : At the beginning, you can start as the advanced dance.

BACK ROCK, RECOVER FLICK

1-2 Rock back RF - recover on LF with flick du with RF

have fun - Sandrine





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